

Brain Gym

- does it work, who will benefit and how easy is it to implement?

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Building on the experience of a colleague who had used Brain Gym in a previous school, posters and relevant information were produced to involve all staff in the research. The project was introduced at a whole staff meeting and colleagues agreed to participate and avoid written feedback.

Activities and Outcomes.

Drinking Water

Children were encouraged to sip water regularly throughout the day. KS1 children drank water from cups at the sink in class whilst KS2 children brought bottles of water that were kept on their desks.

Outcomes

- *KS1 children were more alert during lessons*
- *Greater concentration*
- *Ability to persevere*

Music

Music was used regularly during the day e.g. while lining up, walking in corridors, in assemblies and classrooms for reflection. It was also used across the school to inspire creative work and while children were changing for PE.

Outcomes

- *Calmer environment*
- *Teachers commented that pupils settled more quickly when they hear the music*

Cross Crawling

This was used at the beginning of lessons or as a break during longer sessions. Year 5+6 pupils experimented with facial crawling, a variation of the cross crawl, which was found to be useful.

Outcomes

- *Improved concentration*
- *Improved coordination*
- *Feeling refreshed*

Hook ups

Used at KS2 before assembly and at the beginning of lessons. Also used prior to giving instructions etc. Also useful before test and mental maths sessions.

Outcomes

- *Improved listening*
- *Increased energy levels*

Thinking caps

Used at KS2 prior to explanation, instructions etc. Also useful before tests and mental maths sessions.

Outcomes

- *Improved listening skills*
- *Sharper responses*
- *Calmness*

Lazy Eights

A Year 6 variation was tracing words in the air.

Outcomes

- *Gaining attention more easily*
- *Improved memory*
- *Reinforcement of lesson vocabulary*

Conclusion

Generally the feedback from teachers, pupils and parents was positive. One parent commented on improved concentration and willingness to help while her child was sipping water in school. Also, the Cycling Proficiency coach commented on improvements in concentration, behaviour and listening.

Performance in spelling and mental arithmetic tests also improved.